

FIG. 1

FIG. 1 is a schematic diagram of a circular structure, likely a cross-section of a lens or a similar optical component. The structure consists of several concentric rings. The outermost ring is labeled 10. Inside it, there is a ring labeled 12. Further inward, there are several more rings, with the innermost ring labeled 14. The central region is labeled 16. A small square element, labeled 18, is located at the center of the structure. The diagram also shows several small dots and a small diamond shape, possibly representing specific features or components of the structure.

FIG. 2

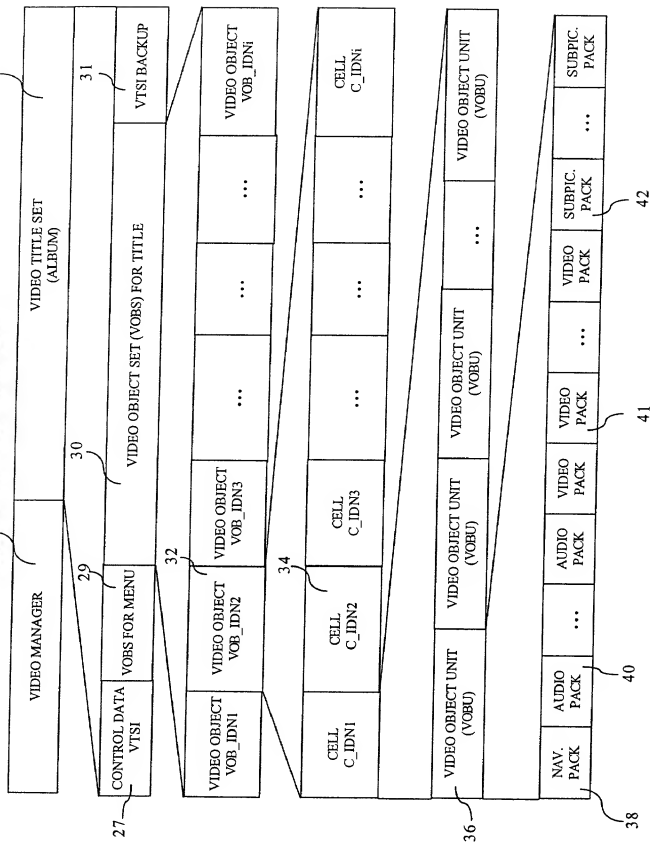


FIG. 3

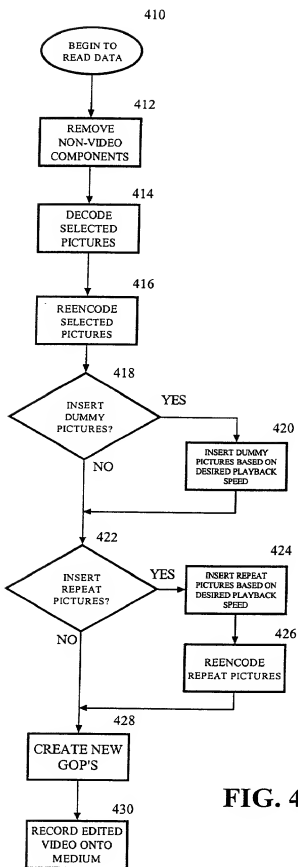


FIG. 4A

$\text{GOP}_1: B_0 B_1 I_2 B_3 B_4 P_5 B_6 B_7 P_8 B_9 B_{10} P_{11} B_{12} B_{13} P_{14}$

FIG. 4B

$\text{GOP}_1: B_0 B_1 I_2 P_2 B_3 B_4 P_5 B_6 B_7 P_8 B_9 B_{10} P_{11} B_{12} B_{13} P_{14}$

FIG. 4C

$\text{GOP}_1: B_0 B_1 I_2 P_2 B_3 B_4 P_5 B_6 B_7 I_8 P_8 B_9 B_{10} P_{11} B_{12} B_{13} P_{14}$

FIG. 4D

$\text{GOP}_1: B_0 B_d B_1 B_{d1} I_2 P_2 P_{d2} B_3 B_{d3} B_4 B_{d4} P_5 P_{d5} B_6 B_{d6} B_7 B_{d7} I_8 P_8 P_{d8} B_9 B_{d9} B_{10} B_{d10}$
 $P_{11} P_{d11} B_{12} B_{d12} B_{13} B_{d13} P_{14} P_{d14}$

FIG. 4E

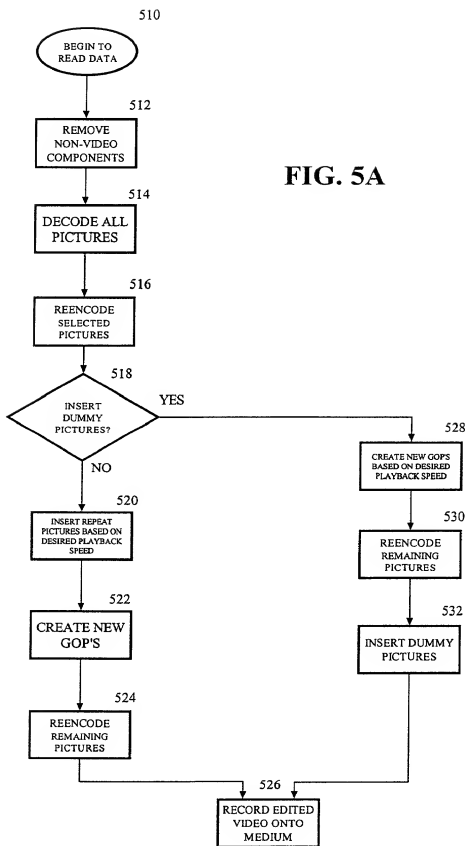
$\text{GOP}_1: B_0 B_d B_1 B_{d1} I_2 P_2 P_{d2} B_3 B_{d3} B_4 B_{d4} P_5 P_{d5} B_6 B_{d6} B_7$
 $\text{GOP}_2: B_{d7} I_8 P_8 P_{d8} B_9 B_{d9} B_{10} B_{d10} P_{11} P_{d11} B_{12} B_{d12} B_{13} B_{d13} P_{14} P_{d14}$

FIG. 4F

$\text{GOP}_1: B_0 B_d I_1 P_1 B_{d1} B_2 P_{d2} B_3 B_{d3} P_4 B_{d4} B_5 P_{d5} B_6 B_{d6} P_7$
 $\text{GOP}_2: B_{d7} B_8 I_{d8} P_{d8} B_9 B_{d9} P_{10} B_{d10} B_{11} P_{d11} B_{12} B_{d12} P_{13} B_{d13} B_{14} P_{d14}$

FIG. 4G

FIG. 5A



GOP₁: B₀ B₁ I₂ B₃ B₄ P₅ B₆ B₇ P₈ B₉ B₁₀ P₁₁ B₁₂ B₁₃ P₁₄

FIG. 5B

GOP₁: B₀ B₁ I₂ P₂ B₃ B₄ P₅ B₆ B₇ P₈ B₉ B₁₀ P₁₁ B₁₂ B₁₃ P₁₄

FIG. 5C

GOP₁: B₀ B₁ I₂ P₂ B₃ B₄ P₅ B₆ B₇ I₈ P₈ B₉ B₁₀ P₁₁ B₁₂ B₁₃ P₁₄

FIG. 5D

GOP₁: B₀ B_d B₁ B_{d1} I₂ P₂ P_{d2} B₃ B_{d3} B₄ B_{d4} P₅ P_{d5} B₆ B_{d6} B₇ B_{d7} I₈ P₈ P_{d8} B₉ B_{d9} B₁₀ B_{d10}
P₁₁ P_{d11} B₁₂ B_{d12} B₁₃ B_{d13} P₁₄ P_{d14}

FIG. 5E

GOP₁: B₀ B_d B₁ B_{d1} I₂ P₂ P_{d2} B₃ B_{d3} B₄ B_{d4} P₅ P_{d5} B₆ B_{d6} B₇
GOP₂: B_{d7} I₈ P₈ P_{d8} B₉ B_{d9} B₁₀ B_{d10} P₁₁ P_{d11} B₁₂ B_{d12} B₁₃ B_{d13} P₁₄ P_{d14}

FIG. 5F

GOP₁: B₀ B_d I₁ P₁ B_{d1} B₂ P_{d2} B₃ B_{d3} P₄ B_{d4} B₅ P_{d5} B₆ B_{d6} P₇
GOP₂: B_{d7} B₈ I_{d8} P_{d8} B₉ B_{d9} P₁₀ B_{d10} B₁₁ P_{d11} B₁₂ B_{d12} P₁₃ B_{d13} B₁₄ P_{d14}

FIG. 5G

GOP₁: B₀ B₁ I₂ P₂ — — — B₃ — — — B₄ — — — P₅ B₆ B₇ —
GOP₂: — — — I₈ P₈ B₉ — — — B₁₀ — — — P₁₁ — — — B₁₂ — — — B₁₃ P₁₄

FIG. 5H

GOP₁: B₀ B₁ I₂ P₂ B_d B_d P_d B₃ B_d P_d B₄ B_d P₅ B₆ B₇ P_d
GOP₂: B_d B_d I₈ P₈ B₉ B_d P_d B₁₀ B_d P₁₁ B₁₂ P_d B_d B₁₃ P₁₄

FIG. 5I

600

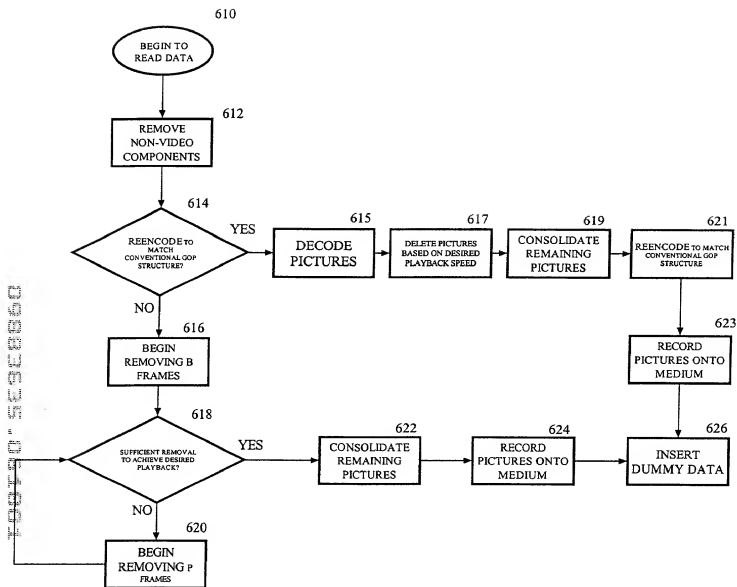


FIG. 6A

$\text{GOP}_1: B_0 B_1 I_2 B_3 B_4 P_5 B_6 B_7 P_8 B_9 B_{10} P_{11} B_{12} B_{13} P_{14}$
 $\text{GOP}_2: B_{15} B_{16} I_{17} B_{18} B_{19} P_{20} B_{21} B_{22} P_{23} B_{24} B_{25} P_{26} B_{27} B_{28} P_{29}$

FIG. 6B

$\text{GOP}_{1+2}: I_2 B_3 P_5 P_8 B_9 P_{11} B_{13} P_{14} B_{16} I_{17} P_{20} B_{21} P_{23} B_{24} P_{26} B_{28} P_{29}$

FIG. 6C

$\text{GOP}_1: B_0 B_1 I_2 B_3 B_4 P_5 B_6 B_7 P_8 B_9 B_{10} P_{11} B_{12} B_{13} P_{14}$
 $\text{GOP}_2: B_{15} B_{16} I_{17} B_{18} B_{19} P_{20} B_{21} B_{22} P_{23} B_{24} B_{25} P_{26} B_{27} B_{28} P_{29}$

FIG. 6D

$\text{GOP}_{1+2}: B_0 I_2 B_4 B_6 P_8 B_{10} B_{12} P_{14} B_{16} B_{18} P_{20} B_{22} B_{24} P_{26} B_{28}$

FIG. 6E

$\text{GOP}_{1+2}: B_0 B_2 I_4 B_6 B_8 P_{10} B_{12} B_{14} P_{16} B_{18} B_{20} P_{22} B_{24} B_{26} P_{28}$

FIG. 6F

700

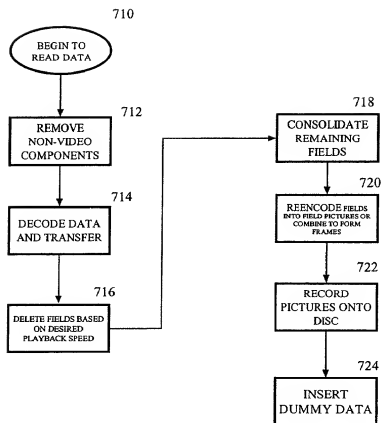


FIG. 7A

Abstract The purpose of this study was to determine the effect of a 12-week training program on the physical fitness of 10-year-old children. The study was conducted in a primary school in the city of Bursa, Turkey. The study group consisted of 20 children (10 boys and 10 girls) who were randomly selected from the 10-year-old children in the school. The children were divided into two groups: a control group and an experimental group. The control group did not participate in any physical education program, while the experimental group participated in a 12-week training program. The physical fitness of the children was measured at the beginning and at the end of the 12-week period. The measurements included maximum heart rate, maximum oxygen consumption, maximum power, and maximum speed. The results of the study showed that the experimental group had significantly higher values for all four measurements at the end of the 12-week period compared to the control group. The results suggest that a 12-week training program can improve the physical fitness of 10-year-old children.

FIG. 7B

FIG. 7C

FIG. 7C

FIG. 7D

FIG. 7D